STYLE: HOW TO GET GLAM HOLIDAY HAIR IN JUST MINUTES

PAGE 26

metro
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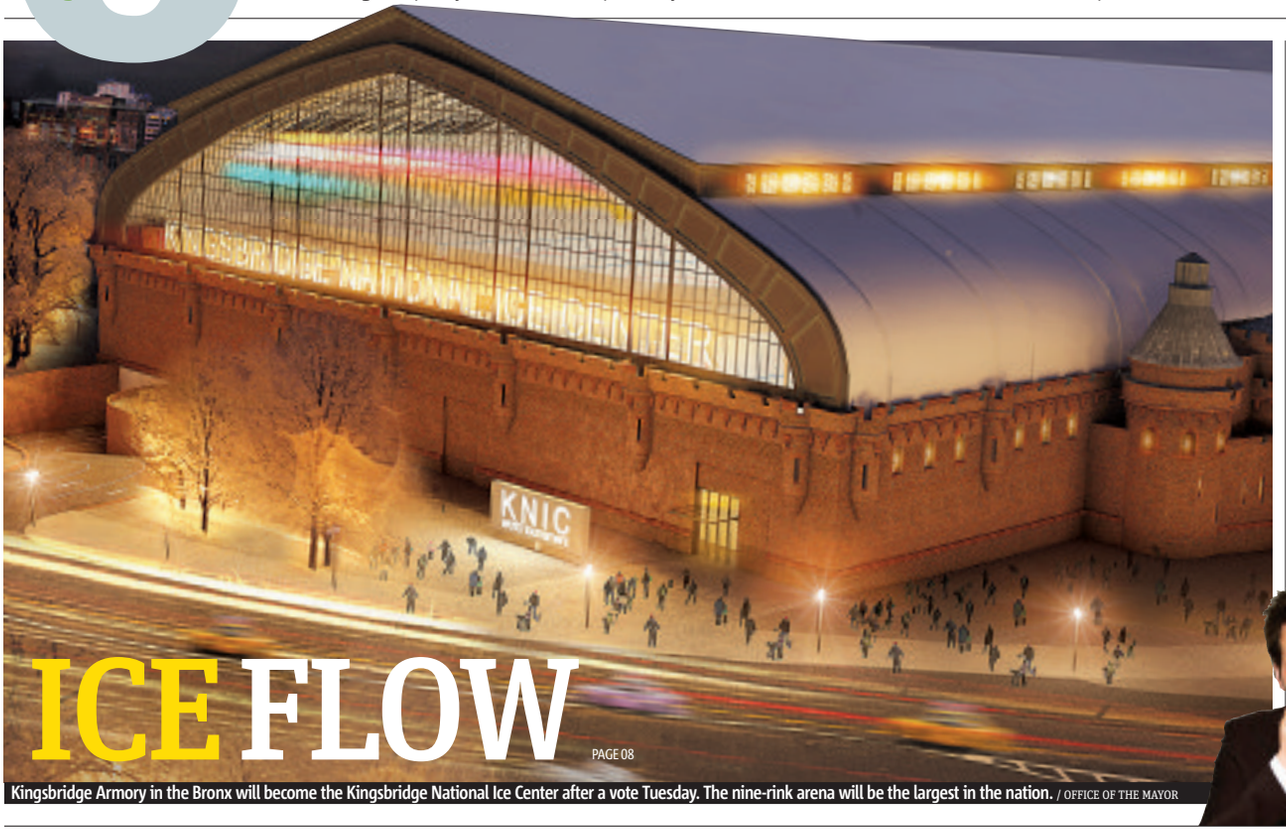
Wednesday, December 11, 2013 www.metro.us | t: MetroNewYork | f: MetroNewYork

6 Ways to end the abuse cycle

No way out? Domestic violence victims often have a difficult time finding assistance when trying get away from their abusers. **Going forward.** One advocate group lays out six steps Mayor-Elect Bill de Blasio can take to help to this vulnerable group. PAGE 02



ICE FLOW

PAGE 08

Kingsbridge Armory in the Bronx will become the Kingsbridge National Ice Center after a vote Tuesday. The nine-rink arena will be the largest in the nation. / OFFICE OF THE MAYOR

Harlem is set to get free, public Web access

PAGE 06

NPH picked this magic show out of thin air

PAGE 21

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1 NEWS

Quoted

"We've met with [Bill] Bratton's people, they're here, they have space, and we're exchanging information."

Ray Kelly, on working with the incoming police commissioner

Top 3

What's trending online at Metro.us

1 'VIDEO: WestJet and Santa grant passengers' Christmas wishes'

2 'Rebecca Black drops "Saturday," the long-awaited follow-up to "Friday"'

3 'VIDEO: Key & Peele attempt 34 impressions in one minute'

Can de Blasio improve the lives of survivors?

Assistance. NYC's domestic violence victims face long odds in finding city housing to escape from their abusers.

Mayor-Elect Bill de Blasio has promised to work for more affordable housing.

Advocates hope that with the new administration, the housing situation might improve for one vulnerable population: domestic violence victims.

A recent report from the U.S. Department of Housing and Urban Development found that while homelessness is down 4 percent nationally, it's up 13 percent in New York City. Families drive that increase, suggests the HUD, noting that domestic violence victims compose one-third of the populace in family shelters citywide. Advocates, therefore, say it stands to reason there's an increase in abuse cases as well.

The present system is particularly untenable for domestic violence survivors, who are limited to six-month stays in emergency shelters due to restrictions laid out by the New York State Office of Children and Family Services, which funds them.

Carol Corden, executive director at New Destiny Housing, says part of the problem lies with a dearth of housing for domestic violence victims. Out of 28,000 units of supportive housing in the city, less than 100 units are designated for domestic violence survivors.

Corden and her colleagues hope to establish more supportive housing — facilities that include services such as counselors who assist with emotional support and employment opportunities.

One major problem Corden highlighted is the criteria that domestic violence victims are required to meet to qualify for priority public housing.

In order to get on the domestic violence victim priority list for NYCHA housing, an applicant must have documentation proving that they have been a victim of violence not only once but twice over the course of a two-year period.

The domestic violence priority criteria assumes that people will reach out to police for help, Corden pointed out. But that's not the case, as the NYPD can attest (see below).

Corden said New Destiny Housing found that more than 70 percent of the people using domestic violence shelters can't meet the eligibility criteria for public housing.

"We'd really like NYCHA to look at that, and look at the actual situation of domestic violence survivors who are actually in life-threatening situations," she said.

A mother and child, who were domestic violence victims, according to New Destiny Housing, see the new apartment that they are moving into. / NEW DESTINY HOUSING

Stable life

"I think we all know that we're going to pay down the road if kids aren't able to ... have a stable living situation."

Carol Corden, executive director of New Destiny Housing

Six ways the next mayor can help

New Destiny Housing said there are six steps the city can take to make it easier for domestic violence victims to find housing.

1 Streamlining the criteria to qualify for NYCHA priority

2 Expediting the application process for NYCHA

3 Allowing resources held by the Department of Housing Preservation and Development to be used for domestic violence survivors

4 Investing in supportive housing

5 Establishing Rapid Rehousing Programs in the city's Family Justice Centers

6 Facilitating a clearer linkage of shelter residents to existing affordable housing

DANIELLE TCHOLAKIAN
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NYPD to victims: 'There is hope'

Speaking to the chief of the NYPD's Domestic Violence Unit, it is apparent that one of the most frustrating parts of her job is a statistic they have little control over: Seventy percent of the victims killed in domestic violence incidents never contacted the police.

"We all know domestic violence is an underreported crime," Deputy Chief Kathleen O'Reilly said. "There's a pool out there that are still afraid to come in and report, or that we're not able to reach."

Her next big goal, she says, is outreach "to let people know that we have these wonderful services and that there is hope and that we're there to help."

The NYPD responds to 250,000 domestic violence incidents a year. The Domestic Violence Unit's Prevention Officers can't visit each home, but it seems the unit's 75,000 yearly home visits are doing good: There was a 28 percent reduction in domestic violence homicides last year and a 21 percent decrease this year. **DANIELLE TCHOLAKIAN**

Kathleen O'Reilly / NYPD

Quoted

"There's a pool out there that are still afraid to come in and report, or that we're not able to reach."

O'Reilly

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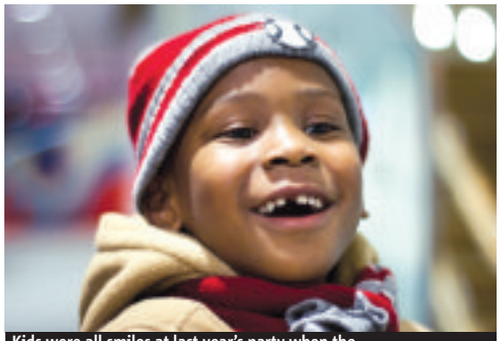
Tony's Metro Magic makes final push to bring cheer to holidays

Reason for season. Metro is joining with Toys for Tots and the Partnership for the Homeless to collect toys for needy children.



Kids were all smiles at last year's party when the gifts were distributed. / MILES DIXON, METRO ARCHIVE

As the holidays quickly approach, the Partnership for the Homeless and Toys for Tots are in dire need of presents to give the city's underprivileged kids.

Faithful readers of Metro know that Tony's Metro Magic is dedicated to helping collect gifts for children who live in the city's homeless shelters and other disadvantaged New York City youth.

This year, the gifts that we collect will be given to the Partnership for the Homeless and Toys for Tots.

Tony's Metro Magic is named after Tony Metcalf, our former editor-in-chief who passed away in June after a battle with colon cancer. He was 50 years old and the father of teenage son and young daughter. Metro Magic was his favorite Metro initiative and one that had special significance for him.

Metro will continue to collect gifts through December and will document the toys being passed out to both organizations.

The response from fellow New Yorkers has been overwhelming so far. Dylan, 4, donated one month of his allowance to buy a toy on the "Wish List."

"He chose the Sesame Street Let's Cuddle Elmo. We hope the child who receives it enjoys it as much as Dylan enjoyed getting it for him or her," Dylan's parents wrote.

Irene bought three toys that were on the list.

"Thank you for giving us the opportunity to help local children in need during this holiday season," she wrote.

Michael, a musician, bought two guitars and a set of bongos from the list.

"Music has been the backbone of my existence, and it would be amazing to gift that along," he wrote.

Won't you please give a donation to make life brighter for one of the thousands of children that won't have gifts to open on Christmas morning? METRO

What to give

Metro is collecting new, unwrapped gifts, not clothes.

- Things like action figures, dolls, board games and sports toys, like a football, are always good.
- And don't forget about older children, ages 11 and up. Older children would love to receive an MP3 player, a makeup kit or a poster from their favorite movie this year.
- Spending $10 or $20 on a toy or two for a needy child can make a big difference.

Quoted

"Music has been the backbone of my existence, and it would be amazing to gift that along." **Michael,** who presented two guitars and bongos

How to take part

Tony's METRO MAGIC

1 Look for the Tony's Metro Magic logo on our website, Metro.us.

2 One click on the logo will take you to a "Wish List" we have set up via a secure link on ToysRUs.com.

3 Once there, you can see all the toys we've already requested for kids, and more are being added daily. Simply select the toys you want and purchase them. That's it! Selecting only the toys on our Wish List ensures that all the gifts will be shipped to our offices.

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Traffic accident

NYPD officer, mother of two, killed in Queensboro Bridge crash

The 36-year-old woman killed in an early morning car crash on the Queensboro Bridge on Tuesday was an off-duty NYPD officer, Police Commissioner Ray Kelly said. The commissioner said Officer Elisa Toro, 36, was a 10-year veteran of the NYPD and a mother of two sons, ages 13 and 17.

Queensboro Bridge
GETTY IMAGE

"This was a particular tragedy for our department," Kelly said.

The crash occurred around 1:52 a.m. on the Long Island City side of the bridge. Police reports indicated Toro was driving over the bridge when she hit a guard rail.

The car then slammed into a cement barrier and overturned before skidding into a vacant storefront on Queens Plaza South. Toro, the sole occupant in the vehicle, was thrown from the car during the crash and pronounced dead at the scene, Kelly said.

DANIELLE TCHOLAKIAN

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The system will cover 95 blocks in Harlem. / CITY OF NEW YORK

Harlem's free, public Wi-Fi rolled out Tuesday

Connect. America's largest continuous outdoor public Wi-Fi network is coming to Harlem, giving 80,000 residents Web access.

America's largest continuous outdoor public Wi-Fi network launched Tuesday in Harlem. It will ultimately span 95 blocks to serve the area's nearly 80,000 residents.

"In 2013, being successful requires being connected," Mayor Michael Bloomberg said in a statement. He said the network will help residents find educational information or access "everyday needs like paying bills, checking library hours — or even just keeping tabs on the Knicks and Nets."

The network, from 110th to 138th streets between Fredrick Douglas Boulevard and Madison Avenue, will be implemented in three phases and completed in May, officials said.

They predict that this will especially benefit the area's estimated 13,000 public housing residents, many of which currently have no Internet access.

The network is funded for at least five years through a donation from the Fuhrman Family Foundation to the Mayor's Fund to Advance New York City.

ANNA SANDERS
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Breakdown

The network will be carried out in three phases.

- Phase one, 110th to 120th Street, between Madison Avenue and Frederick Douglass Boulevard, will be completed this month.
- Phase two, 121st to 126th Street, will be completed by February 2014.
- Phase three, 127th to 138th Street, will be completed by May.

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Council approves Bronx ice complex

The Kingsbridge Armory will have nine hockey rinks once it's redeveloped. / OFFICE OF THE MAYOR

Passed. The City Council approved plans to turn the Kingsbridge Armory into a massive ice center in the Bronx.

After last-minute negotiations with a local holdout, the City Council approved Tuesday redevelopment plans that will bring the country's largest ice center to the Bronx.

The Kingsbridge Armory, a hulking complex built between 1912 and 1917, will be transformed into the Kingsbridge National Ice Center under plans endorsed by Mayor Michael Bloomberg in April.

Approval of the $320 million plan came following the support of Councilman Fernando Cabrera, whose district includes Kingsbridge. His support was earned only after the developer pledged to pay for a traffic study during negotiations Monday.

The mayor said the redevelopment was another example of his administration's commitment to turning symbols of decline into "community treasures."

ANNA SANDERS
anna.sanders@metro.us

Evolution

From Armory to ice center

The Kingsbridge Armory is an approximately 575,000-square-foot landmarked building, thought to be the largest armory in the world.

The city has spent some $30 million for environmental cleanup in the building, as well as replacing the roof and repairing the facade.

Redeveloping the armory will cost the developer about $320 million.

It will have nine ice rinks, 64,300 square feet of program space, more than 58,100 square feet of retail space and close to 50,000 square feet of community space.

Officials estimate the plan will create 260 permanent jobs and 890 construction jobs.

Approved

"This project is a victory for everyone involved and represents the type of development we can see when everyone works together for the greater good."
Bronx Borough President Ruben Diaz Jr.

By the numbers

$250K

In the deal, a $250,000 fund to support local businesses will now be administered by the city instead of the developer.

Girl's death prompts response bill

The Ariel Russo Response Time Reporting Act, named after a 4-year-old who was struck and killed by an SUV in Manhattan, was passed by City Council on Tuesday.

The bill, which Mayor Michael Bloomberg supports, requires the fire department to report and monitor emergency response times, expanding reporting practices implemented after Russo's death.

EMS wasn't dispatched to the Upper West Side intersection where she was hit for four minutes and 18 seconds, and another three minutes and 52 seconds passed before an ambulance arrived.

"Every minute — every second — counts in this kind of tragedy," City Council Speaker Christine Quinn said.

FDNY said that the delay was caused by human error when a dispatcher missed the call.

Sofia Russo
WILLIAM ALATRISTE

Purpose

"Even though my child died, she didn't die in vain. ... This change is happening, and it prevents other tragic deaths."
Sofia Russo, Ariel's mother

Ariel's mother, Sofia Russo, said she was "grateful" for the council's action. **ANNA SANDERS**

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Biden pushes for a rise in mental health funding a year after Newtown

Victims. On Saturday, the president and first lady will observe a moment of silence.

A woman looks at a memorial for those killed in the school shooting at Sandy Hook Elementary School in Newtown, Conn. / GETTY IMAGES

Vice President Joe Biden on Tuesday announced a new push to increase access to mental health services with $100 million in new government funding nearly a year after a school shooting in Newtown, Conn.

Biden, who spearheaded a failed Obama administration campaign for stronger gun control measures following the Sandy Hook Elementary School massacre, met with families of the victims and mental health advocates.

"The fact that less than half of children and adults with diagnosable mental health problems receive the treatment they need is unacceptable," he said in a statement. President Barack Obama has said the worst day of his presidency was Dec. 14, 2012, the day a gunman killed 20 children and six adults at the school before turning a gun on himself.

The motive for the shooting is unknown. In a report released last month, state investigators said the 20-year-old gunman, Adam Lanza, acted alone, using guns legally purchased by his mother, whom he shot dead before driving to the school.

Families of the victims and residents of Newtown, a suburban community about 70 miles northeast of New York City, have asked for privacy as the Saturday anniversary of the mass shooting nears.

After Sandy Hook, Obama and Biden pushed to expand background checks for gun sales, ban more types of military-style assault weapons and limit the capacity of ammunition magazines.

But lawmakers failed to pass the measures, which were opposed by powerful lobbying groups, including the National Rifle Association. REUTERS

Proposed

$130M

The White House has proposed spending $130 million to help teachers and other people who work with youth recognize the signs of mental illness and help people get treatment, but Congress has not yet allocated those funds.

Negotiations

Budget deal reached amid conservative opposition

Budget negotiators in Congress reached an agreement on Tuesday that, if approved by the House and Senate, could restore some order to the nation's chaotic budget process and avoid another government shutdown on Jan. 15.

The chief negotiators, Democratic Sen. Patty Murray and Republican Rep. Paul Ryan, announced details at a news conference Tuesday evening.

While not a big deal in terms of deficit reduction, enactment of the funding measure — by no means a certainty — would be a departure from the political showdowns of recent years that have rattled markets, threatened the country's economic recovery and lowered the standing of the U.S. Congress to all-time lows in the eyes of voters.

As the terms of the prospective budget plan became clearer, conservative groups warned they would oppose it because it blunted some automatic spending cuts known as "sequestration." REUTERS

Paul Ryan and Patty Murray hold a press conference to announce a bipartisan budget deal. / GETTY IMAGES

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Cuba relations

Was Castro handshake a reconciliation?

For sure it's just what Nelson Mandela would have wanted, but is it more than that?

The historic handshake between U.S. President Barack Obama and Cuba's Raul Castro at a memorial for Nelson Mandela on Tuesday was greeted on the streets of Cuba with surprise and hopes of improved relations.

Reaction was more muted in Miami, where Cuban exiles have had a hard time accepting Mandela's respect for Fidel Castro.

CASTRO'S SMILE WAS SEEN BY MANY CUBANS AS A SIGNAL OF RECONCILIATION.
GETTY IMAGES

Obama, halfway around the world, has message for rivals

Speech. Obama sprinkled references to his determination to reduce income inequality in the U.S.

President Barack Obama traveled halfway around the world on Tuesday to deliver a message he hoped would be heard by his political opponents back home, and some U.S. rivals abroad.

Obama's speech at a rain-soaked soccer stadium in Johannesburg was perhaps the most electrifying moment of a day of remembrances about the life of Nelson Mandela, who died last Thursday at age 95.

Throughout his speech, Obama sprinkled references to his determination to work to reduce income inequality in the United States.

His appeal to people who embrace Mandela's life mission to actually live by it may have been directed toward his Republican opponents, who have sought to stymie his agenda on many fronts.

"There are too many of us who happily embrace Madiba's legacy of racial reconciliation, but passionately resist even modest reforms that would challenge chronic poverty and growing inequality," Obama said, using Mandela's clan name.

Obama's brief trip to South Africa offered a respite from partisan battles in Washington over spending and, more recently, the botched rollout of his signature health care plan.

REUTERS

Job approval rating
38%
Troubles have weighed heavily on Obama's presidency and contributed to a decline in his popularity among Americans, who now give him a 38 percent job approval rating, among the lowest of his five years in office.

President Barack Obama gives an address during South African former president Nelson Mandela's memorial service at the FNB Stadium (Soccer City) in Johannesburg on Tuesday. / GETTY IMAGES

President Obama

Encounter with Karzai just a greeting

President Barack Obama's encounter with Afghanistan President Hamid Karzai at Nelson Mandela's memorial was "just an exchange of greetings," a White House aide said on Tuesday.

White House deputy national security adviser Ben Rhodes told reporters aboard Air Force One that Obama had not seen the venue as a place to do business with Karzai, who has rebuffed what he calls pressure from Washington to accept a new security agreement.

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Hearing to probe reliance on autopilot in Asiana crash

The remains of a Boeing 777 airplane lie on the tarmac after it crashed while landing at San Francisco International Airport July 6. / GETTY IMAGES

Manual. Part of the airport's automated landing system was out of operation at the time of the crash.

U.S. safety investigators are looking closely at whether over-reliance on autopilot systems in modern aircraft has degraded human flying skills and increasing risk.

A two-day hearing that was scheduled to start on Tuesday will be condensed into one day due to weather conditions affecting travel to Washington, D.C. Starting today, the National Transportation Safety Board is examining if cockpit complacency caused an Asiana Airlines Inc.'s jetliner with 307 people aboard to crash land at San Francisco International Airport in July, killing three and injuring more than 180.

Asiana Flight 214 from Seoul came in too slow and too low, causing its tail to strike a seawall just short of the runway. The tail and landing gear came off, and the plane caught fire and skidded down the runway.

Quoted

"Automation is part of what made aviation so fantastically safe. But pilots have become totally reliant on it."

Robert Schapiro
Retired pilot who has flown internationally for major airlines for 30 years

So far, there is no evidence of mechanical failure of Boeing's 777, a plane never before involved in a fatal accident. Instead, investigators have focused on the possibility that the pilots may have mishandled the aircraft's automated controls in the final minutes of flight.

Asiana ruled out mechanical problems with the plane and described the pilots as competent. It has offered victims initial compensation of $10,000 and vowed to increase pilot training. **REUTERS**

Colorado

Reporter allowed to keep sources secret in theater shooting

A Fox News reporter will not have to divulge the confidential sources who provided information for her story on the 2012 mass shooting at a Colorado movie theater, New York's highest court ruled on Tuesday.

New York State's Court of Appeals said that ordering Manhattan-based reporter Jana Winter to testify in a Colorado court, where she would be asked to reveal her sources, would undermine New York's long history of freedom of the press. **REUTERS**

Ruling

6-1

Tuesday's 6-1 decision reversed a lower court ruling.

Benefits

Ga. National Guard to grant same-sex spouses IDs

Same-sex spouses of Georgia National Guard members will be able to receive military identity cards, leaving Mississippi as the only state yet to comply with a U.S. Defense Department directive to grant access to benefits for married couples.

The identity cards for gay and lesbian spouses in Georgia will be processed only at federally operated Guard facilities because its constitution prohibits its same-sex marriage, the state Department of Defense said on Tuesday. **REUTERS**

Quoted

"This process will ensure compliance with the Georgia Constitution."

The state Department of Defense

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Toxin. Actress pleads guilty for ricin-laced letter sent to Obama

A Texas actress pleaded guilty in federal court on Tuesday to making the toxic agent ricin that was sent in letters to President Barack Obama and New York Mayor Michael Bloomberg.

As part of a deal reached with federal prosecutors that has yet to be approved by a judge, Shannon Guess Richardson, 36, would spend 18 years in prison and then five years on supervised release, according to court documents.

Richardson, whose career included minor television roles in shows such as "The Walking Dead," pleaded guilty to charges of manufacturing and possessing the biological agent ricin, which was found in the letters. REUTERS

Social media

Twitter shares touch new high, sail past $52

Investors piled into Twitter Inc. for the second straight day, lifting its shares to more than $52 and setting a new intraday high on Tuesday even in the absence of any significant announcements from the social media debutante.

Shares of Twitter were up 6 percent to $52.20 on Tuesday afternoon after a frenzied trading session on Monday, when Twitter closed up nearly 10 percent, its biggest gain ever. REUTERS

Google bus blocked in San Francisco gentrification protest

Google's headquarters are located just south of San Francisco in Mountain View, Calif. / GETTY IMAGES

Tweeted

"Don't hate on me for my job. .... You think I LIKE commuting to Mountain View? This protest is dumb."

@FashionistaLab
Whose twitter description identifies her as a style editor at Google Shopping

Writing on the wall. Increasingly, graffiti has appeared around town complaining about the buses.

A Google Inc. commuter bus was blocked in San Francisco's Mission district for about a half hour Monday morning, highlighting many residents' growing concern that an influx of affluent technology workers is driving up costs in the city.

"San Francisco, not for sale" and "Stop evictions now" numbered among the slogans yellow-vested protesters chanted as they surrounded the double-decker bus. Google's offices are in Mountain View, Calif., about 34 miles away from the incident.

The protest, organized by an advocacy group called Heart of the City, took aim at private commuter buses that whisk thousands of employees from stops around San Francisco to jobs at technology companies south of the city such as Apple Inc., Facebook Inc. and Google.

Advocates of the buses say they ease traffic on already-clogged highways as workers give up driving individual cars for the convenience of riding in the buses, which usually come with plush seats and Wi-Fi. REUTERS

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First woman CEO. GM names Mary Barra to replace Akerson

General Motors Co. Chief Executive Officer Dan Akerson will step down next month and be replaced by global product development chief Mary Barra, as the first woman to lead a global automaker.

The company said on Tuesday that Akerson, who is also the chairman, will leave on Jan. 15, moving forward his planned departure by at least six months. He said he had planned to leave in mid- to late-2014, but accelerated his exit after learning about two months ago that his wife had an advanced stage of cancer.

Akerson cited Barra's breadth and depth of experience, her managerial skills and interpersonal skills, as well as her understanding of the company. He said she had "brought order to chaos" in the global product development process.

REUTERS

Mary Barra / GETTY IMAGES

The new CEO

Barra will be GM's fifth CEO in less than five years since Rick Wagoner was forced out by the Obama administration in March 2009.

- Barra, 51, GM's executive vice president for global product development, purchasing and supply chain, was elected by the board as the next CEO and will be the fifth female director on the current board.

Maker of faulty breast implants gets jail time

The founder of a French breast implant company was sentenced to four years in prison on Tuesday for hiding the true nature of the sub-standard silicone used in implants sold to 300,000 women around the world. Jean-Claude Mas, 74, founder and long-time chief executive of Poly Implant Prothese, was prosecuted after a worldwide panic in 2011 when France recommended that women with such implants should have them removed due to an abnormally high rupture rate.

REUTERS / GETTY IMAGES

By the numbers

300K

The implants were sold to 300,000 women worldwide.

Al Qaeda supporters

Two Britons plead guilty to terror-related charges in US

Two British nationals who ran a website that promoted jihad and supported al Qaeda pleaded guilty in a U.S. court on Tuesday to charges of providing material support for terrorists.

The men, Babar Ahmad and Syed Talha Ahsan, each said in U.S. District Court in New Haven, Conn., that they were guilty of two counts of providing support to terrorists for running the site, which raised funds for Muslim militants in Afghanistan and Chechnya.

Ahmad faces the possibility of up to 25 years in prison and two to five years probation. Ahsan faces up to 15 years. Each could be fined up to $500,000.

The pair, who appeared in separate hearings, did not plead guilty to additional charges of conspiracy to injure the property of a foreign government. And Ahmad did not plead guilty to a charge of money laundering.

The two were extradited to the United States from Britain last year.

Ahmad, dressed in an orange prison jumpsuit, stood with his hands behind his back and gave brief answers to questions from District Judge Janet Hall, who said she would review his plea and set sentencing for March 4.

REUTERS

By the numbers

5

They were among five men extradited to the United States from Britain last year to face terrorism-related charges. That group also included one-eyed radical Islamist cleric Abu Hamza al-Masri on charges related to a 1998 hostage-taking in Yemen.

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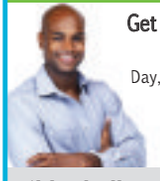

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Justin Bieber visits the Philippines

1

Oh, hey! Look! Is Justin Bieber actually doing something .... nice? It sure seems like it. The singer (who now has a full sleeve of tattoos — when did that happen?) visited San Jose Elementary School yesterday in Tacloban, Leyte, Philippines, an area which was hit especially hard by Typhoon Haiyan last month. According to the Associated Press, Bieber distributed shirts, toys and basketballs to children and posed for pictures. He then sang a few sets. "He played a series of Christmas songs and some of his hits as well," said Kate Donovan, a spokeswoman for UNICEF.

More of this kinder and gentler Bieber please, and less of the peeing-in-mop-buckets one.

Justin Bieber visited young victims of Typhoon Haiyan yesterday. / ALL PHOTOS GETTY IMAGES

Talking point

Cox's new main squeeze

It looks like Courteney Cox may have found a new romance with Snow Patrol's Johnny McDaid, according to Life & Style. McDaid accompanied Cox to Jennifer Aniston's holiday party in November and wasn't shy about her feelings. "Courteney definitely looked like she was on a date," a source says. Cox's ex-husband, David Arquette, let slip during a chat with Howard Stern that she was dating someone new. "She's with someone who loves and cares for her," Arquette said.

Cooper's new girl Suki Waterhouse: It's official

Bradley Cooper, 38, and girlfriend Suki Waterhouse, 21, made their first official appearance together as a couple at the "American Hustle" premiere party in New York on Sunday night at the Ziegfeld Theater. The two haven't spoken on record about their relationship, but Waterhouse did hint to it in a recent interview with Elle UK: "If I start talking about him, I probably won't be able to stop," she said.

Adam Shankman in rehab

2

Director and frequent "So You Think You Can Dance" judge Adam Shankman "is currently seeking treatment in a rehabilitation center," his rep confirmed Monday to E! News. "His friends and family support him and wish him well on his journey to recovery."

Interesting. Shankman has directed several episodes of "Glee" (and we all remember what happened to Cory Monteith) and directed his "good friend" Zac Efron (who has been in rehab twice this year) in "Hairspray." Coincidence? Or is there something more sinister going on in the land of Hollywood musicals?

2

CULTURE

THE WORD

Dorothy Robinson takes on the world of gossip.

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Quoted
[Winnie Mandela] deserves her own film because her life is so interesting, and you only get snippets of it, of course, because it is (Nelson) Mandela's story. Harris
See more at www.metro.us
In "Mandela: Long Walk to Freedom," Naomie Harris plays the passionate wife of the late freedom fighter. / GETTY IMAGES

News to her

Interview. Naomie Harris didn't know about Winnie Mandela's own activism when she signed onto "Mandela: Long Walk to Freedom."

Naomie Harris freely admits that she wasn't expecting much of a challenge portraying Winnie Mandela opposite Idris Elba in "Mandela: Long Walk to Freedom," the new biopic that arrived in theaters shortly before the South African freedom fighter's death. The actress, perhaps best known as the new Moneypenny starting with "Skyfall," was in for quite a surprise, as it turns out.

You had a lot to take on with this role.
And I had no idea, I was completely blind when I went into it. I genuinely thought that Winnie Mandela was Mandela's wife who stood beside him and supported him. That's all I knew about Winnie Mandela. I did not know that she was a political activist in her own right, I didn't know that she was integral to the Free Nelson Mandela campaign, I didn't know how controversial she was. So to be honest, when it started and I started doing all my research, it was a huge shock because I realized I'd taken on the challenge of my life, you know? Massive, massive.

It's news to a lot of people as well.
Oh good, I wasn't the only one. [Laughs] It's a shame. She deserves her own film because her life is so interesting, and you only get snippets of it, of course, because it is Mandela's story.

Did you ever stop and say, "We should just do a movie on Winnie Mandela?"
Yeah, no. It was more like, "I've got enough on my plate, so you just focus on Idris over there and his Mandela." [Laughs]

You got to watch this at the White House recently.
Yes! The security clearance — I don't know if I can actually say this on tape — but it really wasn't that much. I was really like, "Is this it?" It was the same kind of security clearance you'd get in, like, schools in America. Someone said that it's not actually once you're there for the security clearance. It's to get to that point because of the research that's done about your name and so on.

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Q&A

Miss Moneypenny

How much has your life changed since "Skyfall" came out?
Not really at all. It's made a difference in the industry, which is really cool, because now people know my name more so I'm getting more film offers, which is great. But not in my personal life. Everyone said when I did "Pirates of the Caribbean," "Everything is going to change now. You won't be able to walk down the street." Nothing changed. And then when I did "Skyfall," they were like, "This is it now. Everything's going to change. You're not going to be allowed to walk down the street." It's exactly the same. There's no difference, which is great. I think I have a chameleon face. I don't think people recognize me, so I don't get hassled in the street, which is really cool.

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EMMA THOMPSON

Actress likes cracking people up — unlike her "Saving Mr. Banks" character.

MAKE 'EM LAUGH

GETTY IMAGES

Just before our chat with "Saving Mr. Banks" star Emma Thompson, the British actress had wowed a press conference audience with a rather athletic entrance, vaulting herself high over the table to get to her seat. The display was a far cry from P.L. Travers, her terse onscreen alter ego in "Banks." But then, there's a lot they don't have in common.

I want to commend you on a fantastic entrance.
What you have to understand is that, spiritually, I always carry a bladder on a stick and wear a cap and bells. I must, in a past life, been some sort of court jester. I seem to make it my aim in life to get a laugh. Any way you can.

I found it a bit distracting in this film that you're far too young for the part.
Well, I'm not far too young. I'm 54 and she was 66 at the time. I also think I look suitably and properly old. Travers herself liked to divide a woman's life into three main parts: nymph, mother and crone. So I said, "Why don't we just play her on that cusp between mother and crone?" There's still a kind of an erotic possibility for her, but you can see it's never going to happen because she's too closed up. That's more interesting because you can see the possibility, and you're not playing a crotchety old lady who's more easy, because of the way our world works, to dismiss.

You've mentioned a problem with finding heroic historical female characters to look to.
There's two questions: What is heroism? Is it action? Does it have to be action-based? As I started to [work] in cinema I realized that I would identify with Marlon Brando because he was the one getting to do things and that women seemed to be the ones saying, "No, don't do that brave thing, stay here with me." I remain frustrated with that because it's still a very common trope. I turned down role after role in my 30s which were ... the sort of marshmallow-y stuff that wasn't even allowed to be inhabited in any real way. But the problem with female heroism is not one that's easy to answer because if the actions are the same as the male hero, then what do you do? You stick a gun in their hands. What's the point of that? It's the same old, same old. It's a real conundrum.

Q&A

Life stages

What are your thoughts on Travers' simplified trio of life stages?
I kind of like it. I think it's interesting, you know, with the seven ages of man being another format, if you like, for thinking about the stages of our lives. And I personally think everything is always happening at once, if you see what I mean. I think that we carry it with us all the time, so you don't necessarily leave anything behind. It's all coming with you.

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Anti-holiday movie. A Christmas fanatic receives the most unhappy kind of present in "White Reindeer."

BAH HUMBUG

Anna Margaret Hollyman spends Christmas grieving unimaginable loss in "White Reindeer." / IFC FILMS

With the toxic pomp and pep it engenders, the holiday season essentially asks for films (and songs, and books, and people) that try to destroy, or at least alleviate, its power. "White Reindeer" goes further than most. Its hero, Suzanne (Anna Margaret Hollyman), is a Christmas fanatic who can't help but turn on holiday music as soon as Thanksgiving ends.

Returning home one night, she finds her suburban house ransacked and her husband dead on the floor with a massive head wound.

"White Reindeer" walks a very fine line. It's technically a black comedy, but it's also an empathetic drama that takes its protagonist's subsequent mental breakdown with bewildering seriousness. Suzanne may be overly festive, but she's no freak. Even in the early, happy stretch, Hollyman plays her as relatively low-key; Suzanne's not a joy monster, she's just a bit sheltered. Shocked into a zombie state, she no longer takes comfort from kitschy holiday e-cards, which play, piercingly, over shots of her staring dead-eyed and motionless.

In "White Reindeer," Suzanne simply has access to her late husband's Internet browsing history. She discovers that he had a thing for strip bars and winds up befriending his favorite dancer (Laura Lemar-Goldsborough). The two actresses share gentle scenes, where the comedy drops and thoughtful discussions take over.

Occasionally, the film trips. Suzanne's attempts to infiltrate a world of suburban swingers turns judgmental and broad in a way her journeys into the stripper-verse (mostly) do not.

It's a film trying to delve into the non-dramatic areas of inconsolable pain. And like many before it, it's not quite sure how to end.

Review

'White Reindeer'

Director: Zach Clark

Stars: Anna Margaret Hollyman, Laura Lemar-Goldsborough

Rating: R

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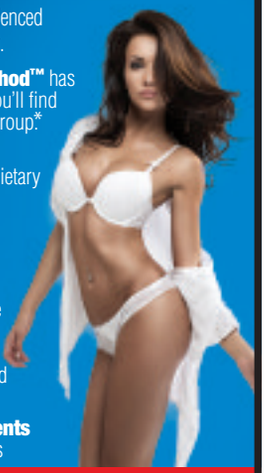

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TV watch list

HOLIDAY SPECIAL

'Kelly Clarkson's Cautionary Christmas Tale'

As far as pop/country stars' holiday specials go, Carrie Underwood's robotic "Sound of Music" didn't set a high bar. But we bet her fellow Idol's will stand on its own merits, with classic jams and celeb guests. **10 P.M., NBC**

Guests on Clarkson's holiday morality tale include Ken Jeong and William Shatner. / JUSTIN LUBIN, NBC

REALITY

'Duck Dynasty'

It's a very redneck Christmas for one of the most inexplicably popular shows on TV. To celebrate, the Robertsons stage a live nativity, and Willie and Jase don't know what to get their wives. Dear God, please don't let them shoot the manger animals to make holiday treats, which seems like the inevitable conclusion. **10 P.M., A&E** **ALEXANDRA CAVALLO**

'New Girl' writer has no plans to get lazy now

"New Girl" airs Tuesdays at 9 p.m. on Fox. / FOX

Television. Checking in with writer/producer Liz Meriwether.

Even with three seasons, five Emmy noms and off-the-charts ratings, "New Girl" producer/writer Liz Meriwether says that her job hasn't gotten any easier. If anything, it's only gotten more challenging. Still, Meriwether says she's determined to make sure that the voice of "New Girl" remains her own.

How writing Jess and Nick changed, as a couple?
As someone who doesn't have a lot of experience with happy relationships, it's sort of interesting for me to write them. We didn't want to have them breaking up every five minutes. We really wanted to invest in their relationship and see what would actually happen. Its definitely changed the DNA of the show a little bit, but I think it's important for a show to keep changing and growing and evolving so that it feels real.

Three seasons in, do you have a better sense of what works?
I think there is some perception that in TV, you eventually get to go on autopilot. Sometimes I wish that was the case. For better or worse, we're always trying to challenge ourselves and change the dynamics. We're always trying to push what we can do ... and keep it fresh. I've never felt like I could just sit back and get my feet rubbed or whatever.

ALEX KHATCHADOURIAN
letters@metro.us

Q&A

Did you ever want to be an actress?
In college I did a lot of acting, and started writing in the midst of that, because I saw writing as an extension of acting.

Would you try again?
I like eating too much, so I don't think I could ever be an actress!

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How to turn tricks

Onstage. If Neil Patrick Harris vets a show, you know it's gonna be magic.

Magicians Derek, right, and Helder call this opening sequence both "the strongest piece in the show, theatrically" and "the most technically demanding." Catch them at the Pershing Square Signature Center (480 W. 42nd St.) through Jan. 19, 2014. You can buy tickets or learn more at www.nothingtohidenyc.com. / MICHAEL LAMONT, GEFFEN PLAYHOUSE

We met up with Derek DelGaudio and Helder Guimaraes, the mesmerizing sleight-of-hand magicians behind "Nothing to Hide." Spoiler alert: They wouldn't tell us how they do those crazy tricks — but you won't be sorry when you see it with your own eyes.

You mention in the show that it sort of came together out of thin air?
Derek: The world conspired to have us work together, that is what I have decided. I used to think that it was fortuitous, now I think that clearly it was meant to happen because the circumstances were so crazy for what needed to take place, from the moment we met to all of our encounters where we traveled together all over the world and became friends.
Helder: Think about this: We are doing this for fun, literally for fun. Because we are doing this in the basement of the Magic Castle — you don't make money — we're not thinking we'll ever do this again. ... Neil [Patrick Harris, director] saw the show in the first night; he was blown away. He came out of the theater and was like, "That's what magic should always be like."

Was he there scouting?
Helder: No. He's the president of the Academy of Magical Arts.
Derek: Neil being president is extremely important, because … he had no personal interest or investment, it was just: People should see great magic because it's great, and this is great magic, so more people should see this.

How thorough was his involvement as director?
Helder: What I think Neil gets in a really big way, he understands that this is not like, "Oh, we wrote something, and now there are actors doing the show," he knows that the show is us. We created these things, we placed them in the world, we are the ones doing it. It's a very personal thing.
Derek: Oddly enough, we've had a lot of people say, "I can hear Neil Patrick Harris' tone in the show," which is funny to us. It wasn't that Neil added that — it's that it existed, which is why Neil was drawn to it.

Where does close-up magic fit in among today's bigger-than-life entertainment?
Helder: I personally always was drawn to the communication part of interacting with the audience. "Pick a card. You are part of the show now."
Derek: At the end of the day, I want to share an experience with you — not show you something. I think that the most efficient way of doing that with magic is by creating a relationship and going on a journey with someone.
Helder: I think there's also an honesty to this type of magic that you don't feel when you're seeing something with boxes or lights. You feel like you are literally seeing what I'm doing, and I'm being as fair as I can be.
Derek: If they see you make a coin vanish in your hands, or a card change, and it's right in front of your eyes, the tyranny of vision that exists close up is much more powerful than if you're far away. "I can't believe my eyes!" is what you want.

T. MICHELLE MURPHY
tmichelle.murphy@metro.us

Bonus

Your talent is definitely undeniable, but what takes the show to the next level is you two.
Derek: With us just talking about magic in a room together, it's like two kids opening Christmas presents. [If] people are believing we're affable in the context of the show, it definitely stems from our love of what we're doing. ... Even if we were total pricks offstage, which we probably are, I don't know, it's hard to convey that much joy or love for something without just being [infectious].
Helder: Magic literally changed our lives. If it weren't for magic, I wouldn't be here. ... I think it's because we are in service of this thing that we believe — and that's what people see: that we're drawn to showing this amazing thing that exists in the world.
Derek: Magic is still relevant, that's it.

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$179K

The cheapest unit to come onto the market is a co-op at 214 Bradhurst Ave. Marketed by Willie Kathryn Suggs, this 2 bedroom is a corner unit and offers hardwood floors, a living room with French doors and views of Harlem's Jackie Robinson Park.

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Tips. Giving building staff something extra during the holidays

Live in a doorman building? Well, lucky you.

However living in a fully-staffed abode means you are responsible to tip your (we assume) attentive building staff during the holidays. But how much? Tipping can be a tricky business, and awkward for all parties involved.

Rent.com conducted a national survey, among 1,000 renters, to see where they stand this year, tipping-wise.

Some grinches

- 11 percent of renters only plan to tip no more than $20, due to feeling strapped for cash.
- 20 percent plan to tip $20-$50 total.

Others, however, are feeling more generous. The survey found that more than half of renters are feeling more fiscally comfortable this year and 2 percent will tip more than $1,000!

And when it comes to general consensus for what is appropriate, the survey was again divided:

- 29 percent of renters believe $20-$35 is acceptable.
- But 25 percent think it's not necessary to tip at all.
- 6 percent tip each staffer more than $75.
- And, finally, 5 percent plan to "tip" creatively — with baked goods or handmade gifts.

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"PLEASE SIR, CAN I HAVE SOME MORE?" STOCKBYTE

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Editor's pick: Instant guest room

For those of us who don't have enough space for a bulky sleeper sofa — let alone the luxury of a second bedroom — yet have plenty of family and friends who insist on visiting, Castro Convertibles has a solution that will spare them from an inflatable mattress. The pioneering brand, among the first to create double duty furniture, has an ottoman that not only functions as a coffee table and extra seating but also folds out into a single bed. And its sturdy wooden slats and 5-inch innerspring mattress will keep your visiting cousin cozy and already researching another trip to see you. Oh wait ... METRO

Get rid of holiday stains

Whirlpool helps with holiday party clean up

Holiday parties are dangerous. Not just because of the potential to hook up with a co-worker, but because someone is inevitably going to get drunk and trip, and that person (most of the time it's you) will most likely have a glass of red wine in hand. To help with your Cabernet soaked rug, new blouse with gravy blotches and other pesky holiday stains that pop up around the same time the tree does, the experts at Whirlpool offer these tips.

Red Wine

- Rinse in cold water to dilute the stain and prevent it from setting.
- Wash in warmest water safe for the garment.
- If necessary, follow up with a wash in color-safe bleach for colors or liquid chlorine bleach for whites.
- Air dry

Butter/Cooking Oil

- Rub liquid detergent into the stain and allow to work for up to 30 minutes.
- Wash in hottest water safe for the fabric.
- Air dry

Dirt

- Allow to dry, and brush off excess dirt from carpet.
- Rub liquid detergent into the stain and allow to work for up to 30 minutes.
- Wash in hottest water safe for the fabric on a heavy soil setting.
- Air dry METRO

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Education system is key

Best school districts draw Bergen's high-end sales

While the luxury market in Bergen County is strong — with the most expensive listing clocking in at $29.9 million — brokers say there is no Manhattan-like madness there.

The market in New Jersey is municipality-sensitive, meaning that buyers are especially keen (and willing to pay top dollar) for areas with excellent school districts, such as Alpine, according to Dennis McCormack, a broker with Prominent Properties Sotheby's International Realty, who currently has two of the county's five most expensive listings.

"Alpine is very strong because the school system is excellent, and prices are higher than they've been in past years," says McCormack, who's worked in the area for 18 years. "I find that the towns with the higher taxes, and not-as-good schools, are the ones that have sat out the uptick in the market."

Cresskill and Englewood fall into that category, he said, though the latter is actually home to the county's priciest listing — the $29.9 million Gloria Crest estate, once home to actress Gloria Swanson.

Kennedy family patriarch Joseph Kennedy, who owned the property and for years maintained a public affair with Swanson, sold it to the Wassil family, heirs to a trailer-park fortune, before Kennedy died in 1969.

Overall, Bergen County saw a 26.3 percent jump in sales activity in the third quarter year-over-year, with a total of 1,973 single-family homes changing hands, according to New Jersey-based residential brokerage NRT, parent company to firms including Coldwell Banker, Sotheby's and the Corcoran Group. The median sales price rose as well, up 6.7 percent to $480,000.

83 North Woodland St. in Englewood is listed for $29.9 million.
PROMINENT PROPERTY'S SOTHEBY'S INTERNATIONAL REALTY

The priciest listings in the 'burbs

Nassau's five most expensive listings range in price from $15 million to $15.9 million. / ISTOCKPHOTO

Real Estate. A round-up of the most expensive properties on the market in Nassau, Bergen, Fairfield and Westchester counties

As the Manhattan luxury market continues climbing, pricey homes outside the five boroughs are seeing action of their own.

This month, we bring you a roundup of the priciest listings in New York City's toniest suburbs:

With new foreign buyers, Nassau's luxury sales boom

Foreign investors are a growing presence in Nassau County. And the priciest listings those buyers have to choose from are all about the bling — including indoor basketball courts, home movie theaters and the like.

Many of the buyers eyeing properties with price tags of $10 million or more are Chinese customers purchasing homes that can also serve as corporate retreats or venues for overseas guests, sources say.

"Foreign investors don't know a great landscaper, who to call to put a pool in, who to call to furnish," says Shawn Elliott, founder and CEO of Shawn Elliott Luxury Homes and Estates. "Because of the language barrier in most of these cases, they want it all there."

Nassau County's Gold Coast — which includes Sands Point as well as the Oyster Bay villages of Old Westbury, Muttontown, Centre Island, the Brookvilles and Mill Neck — is drawing most of the high-end buyers, says Elliott, who has the county's priciest listing.

Long Island sales overall grew 4.1 percent in the third quarter, with median prices also up 6.6 percent since the start of the year, according to Douglas Elliman's latest market report.

And like in the Manhattan market, inventory in Nassau County is tightening, feeding into the urgency to buy. Properties are also moving faster than they did a year ago, with listings spending an average of 102 days on the market in the third quarter, down from 116 days in the comparable quarter last year. Specifically, Elliott said that properties priced over $10 million are moving much faster than in the past.

Nassau County's second-priciest listing — a $15.8 million contemporary home finished in 1994 — belongs to Teenage Mutant Ninja Turtles creator Mark Freedman.

Fairfield County's astronomical prices top the suburban heap

Fairfield County tops the New York area suburban luxury market by a long shot.

Overall sales are booming, while luxury market prices are stratospheric, sources say. Indeed, the Connecticut county's priciest listing was at one point the most expensive listing in the country.

Copper Beech, a massive 50-acre estate, was listed for $190 million when it came on the market in May, but has since been chopped to $140 million.

Meanwhile, the other listings rounding out the Top 5 most expensive

HAMPTON COURT

Hampton Court, located at 333 East 102nd Street, is opening its waiting list and accepting applications for low income rental apartments. The size, rent and income requirements of the apartments are as follows:

40% MEDIAN

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0	1 2	1 Bedroom	$645	$20,919 - $24,080 $20,919 - $27,520
0	2 3 4	2 Bedroom	$774	$25,103 - $27,520 $25,103 - $30,960 $25,103 - $34,360
0	3 4 5 6	3 Bedroom	$893	$28,962 - $30,960 $28,962 - $34,360 $28,962 - $37,120 $28,962 - $39,880

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PARAMOUNT TOWER

Paramount Tower, located at 240 East 39th Street, is opening its waiting list and accepting applications for low income rental apartments. The size, rent and income requirements of the apartments are as follows:

40% MEDIAN

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0	1 2	1 Bedroom	$645	$20,919 - $24,080 $20,919 - $27,520
0	2 3 4	2 Bedroom	$774	$25,103 - $27,520 $25,103 - $30,960 $25,103 - $34,360

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Cobble Court in Long Island is one of the area's historic mansions. / DANIEL GALE SOTHEBY'S INTERNATIONAL REALTY

Fairfield County

$140M

Copper Beech, a massive 50-acre estate, was listed for $190 million when it came on the market in May, but has since been chopped to $140 million.

for-sale properties in the county range in price from $30 million to $62 million.

In Greenwich overall, sales have increased steadily since 2009, according to David Haffenreffer, manager of Houlihan Lawrence's new Greenwich office.

The two hottest neighborhoods are Old Greenwich and Riverside, where young New York City families often come for what Haffenreffer calls a "smaller lot experience." Many of those areas are zoned for quarter-and-half-acre lots, which Haffenreffer says encourages communities where "more people are meeting at the mailbox than those in a four-acre zone." Many of these neighborhoods are also within walking distance to the Metro-North train.

While the number of high-end home sales rose 13.2 percent throughout Connecticut, it leapt by even more — 20.1 percent — in Fairfield County in the third quarter from the same time last year. Within the county, Greenwich led the way with 492 property sales in the third quarter. It also registered a median price of $1.6 million.

JULIE STRICKLAND

The next step

Westchester draws priced-out New Yorkers

The real estate market in Westchester County is a "tale of two cities," according to Houlihan Lawrence's Anthony Cutugno.

The market in lower Westchester, in New York City-adjacent towns like Bronxville, Rye, Scarsdale and Mamaroneck, is much busier than it is in upper Westchester. The former areas account for 70 percent of Houlihan Lawrence's luxury business.

"Our theory is that because the [Manhattan] condominium market has pushed itself to such a height, more people are selling at top dollar in New York City right now who are not able to buy back into the market and get the size of apartment that they actually need," says Cutugno, director of the firm's Bedford-based division.

"Once they sell, it's not so easy to buy back in, and they're coming [here] because Bronxville's only 20 minutes to NYC," he added. The majority of properties these exiles pick up, he says, are in the $2- to $4-million range.

But those, of course, aren't the priciest properties in Westchester.

Indeed, 17 Cowdray Park Drive near Armonk, which came on the market in October and is listed for $24.9 million by Missy Renwick of Renwick Sotheby's, is currently the most expensive house on the market. Other homes rounding out the Top 5 range in price from $17 million to $24.7 million.

Overall, Westchester sales were down 3.2 percent in October from the same time last year. The average sales price was $723,490 — down 12.3 percent from the same time a year prior.

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Separate your hair into sections. For fine to medium hair, apply a volumizing mousse from roots to ends — especially on the roots, as that's where you want the most lift. For thicker hair try Redken Guts 10 Volume Spray Foam, says Balding.

Blow out your sections using a medium-sized round brush. "If the brush is too big, you won't get the volume all the way at the roots," warns Balding. She also says don't worry about getting the ends perfectly straight. It's all about the lift at the roots.

Back brush — not back comb — the roots; for fine hair, start from underneath the crown going forward. Make sure to work the top and sides of the crown.

Ditch the bun and go glam

DIY. Retire the typical low-slung knot for this runway-inspired (but easy!) style.

The holiday season means you're eating way too many sugar cookies, shopping compulsively online and getting invited to a ton of parties — from the ugly sweater jam at your friend's loft to the bubbly-filled swanky office affair. It's hard to keep your social calendar straight. But one thing is clear: You need a hairstyle that can be done in minutes before heading to your next soiree.

"Instead of sweeping your hair up into a complicated updo, why not leave it down?" says hair expert Jenny Balding, a senior stylist at Cutler Salons. She suggests the luxurious off-the-face blow dry that was all over the fall runways. "It looks effortless, but it's definitely glam," says Balding, adding that if your hair is already straight, "You can do this style in the office bathroom before heading out." Sold!

TINA CHADHA
tina.chadha@metro.us

See more at www.metro.us

Model Maja Lundager and Balding might start pre-partying.
ALL PHOTOS MILES DIXON, METRO

Gently brush the front of your hair back instead of down, and lightly hairspray. Back brush any limp hair.

For extra hold, attach large bobby pins right behind the ear to hold the hair back. And you're ready to roll.

Tips

A few pointers

- Blow out sections from underneath to amp volume and then work from top down to smooth hair out.
- Use a slim boar bristle brush when back brushing — not a comb, because "that creates '60s hair," says Balding. "You just want a padding rather than a Peggy Bundy 'do."

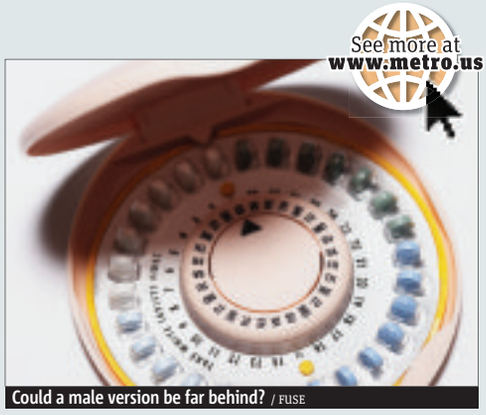
This week in health news

T cells seem to be fighting cancer

Location of study: U.S.
Study subjects: 59 adults and kids
Results: Almost half the adults and children with leukemia who were treated with gene therapy made from their own T-cells kicked the disease, Penn and the Children's Hospital of Philadelphia announced on Saturday.
Significance: Using the body's own immune system to fight back against wayward cells could mean a breakthrough in the fight against cancer.

Less risky male birth control pill may be in the works

Location of study: U.K./ Australia
Study subjects: Mice
Results: Modifying sperm via the deletion of receptors might be the first step in producing a new male birth control pill, according to a study reported by the Proceedings of the National Academy of Sciences of the U.S. Here, the sperm never enters ejaculation fluid — it just stays in the vans deferns. Many male contraceptives tested in the past produce long-term side effects. This modification produced 100 percent infertility without adverse effects on sexual behavior or function.
Significance: Scientists say it could take another 10 years before we come up with one out of the two drugs needed for this male birth control to work (dang!).



Could a male version be far behind? / FUSE

Accurate diagnosis of severity of ovarian cancer via gene markers may lead to treatment that is more accurate

Location of study: U.S.
Study subjects: 800 ovarian cancer patients
Results: Ten specific genes may identify the aggressiveness of a patient's disease, help predict survival outcomes and result in novel therapeutic strategies tailored to patients with the most adverse survival outcomes, according to researchers in the Women's Cancer Program at Cedars-Sinai's Samuel Oschin Comprehensive Cancer Institute. The study, which was published in Clinical Cancer Research, found that if a patient's tumor has elevated levels of these genes, doctors will be able to predict chemo-resistance and possibly pinpoint treatments that are more effective.
Significance: "The ultimate goal is to use the 10-gene biomarker panel to develop a diagnostic kit that will identify patients with the most adverse outcome and provide targeted therapeutic strategies," says lead researcher Dong-Joo (Ellen) Cheon, PhD. Ovarian cancer is the most lethal gynecologic cancer; one reason is that it's often diagnosed in later, more aggressive stages. LINDA CLARKE AND MEREDITH ENGEL

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The average person gains "only" a pound between mid-November and the beginning of January, which is slightly comforting if you're worried about fitting into your party clothes come New Year's Eve. But the bad news is that most people don't shed extra holiday padding the following year, and slapping on an extra pound every time December rolls around can add up to a big cumulative gain. Fear not! Strategize well and you can still enjoy the special sweets and treats of the season without blowing your diet.

Nix noshing

Nibbling and grazing between meals is a problem year-round for many people, but it hits an all-time high during the month of December, when cookie platters, appetizer trays, boxes of chocolates and seasonal baked goods begin to pop up everywhere. All those extra bites and sips can add up to hundreds or thousands of calories per week if you're not careful. That's why it's important to maintain a structured eating schedule.

Splurge selectively

Choose a few special events that you look forward to all year and plan to indulge at those celebrations. The rest of the season, stick to your normal, healthy eating and exercise habits. I tell my clients, they're called holidays, not holimonths!

Let go of guilt!

Indulging is part of the holiday experience. If you ate a bit more than you intended to and feel the guilt creeping in, accept it and then mentally wipe your slate clean. Whatever happened the day before, start fresh the next very morning with a slimming breakfast and high-energy workout.

Advice

Follow my 'rule of one'

If you keep your portions in check, you can enjoy every highlight of your favorite holiday meals and events without going overboard. Stick with just ONE of each deliciously tempting hors d'oeuvre, one plate of food, one alcoholic drink and one dessert.

THE HOLIDAYS DON'T HAVE TO MEAN GORGING ON HO HO HOS. ISTOCK

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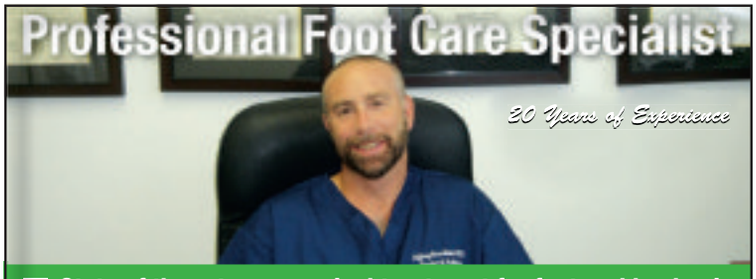

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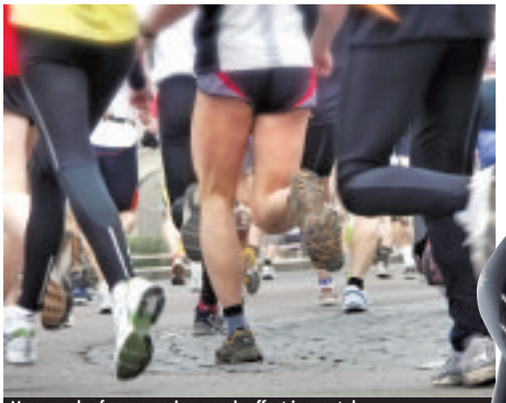
Fitness. Is the new workout trend more than just a passing fad?



How much of compression gear's effect is mental, and how much is physical? / COLOURBOX

Scientifically speaking, can we be sure that compression gear is effective?

Kai Karlstrom, a triathlete and Tier 4 trainer at Equinox, says no. But that doesn't stop him from wearing it.

"Everything about compression gear is anecdotal," Karlstrom says. "All of the research that I have seen doesn't prove that it actually has any effect; the blood, or physical markers of recovery, don't show anything different. But muscle soreness and perceived recovery is a benefit that almost everyone feels."

Though research has been inconclusive, there is scientific rationale behind the functionality of the gear: The pressure is supposed to improve circulation, Karlstrom says, delivering more oxygen to contracting muscles while allowing waste products, like lactic acid, to be pulled out.

"Gear with a specific amount of compression [from 15 to 35 millimeters of mercury] functions on a few principles," Karlstrom explains. "The main is muscle pump and/or venous return. When we stand for a while, blood can sometimes pool at the bottom of our legs, because blood has to fight gravity back up to our heart. When we wear compression gear, it helps constrict the blood vessels, or the veins, to aid in recovery of the muscles. When the blood flows better, waste products are pulled out in a better manner."

As compression gear becomes trendier in the fitness world, athletes erroneously rely on it as a simple solution to pain. "It shouldn't be a remedy for pain," Karlstrom says. "People don't really know what's going on in their bodies, so they find a simple solution, like putting on a sock. Never ignore the 'check engine' light."

ANISA ARSENAULT
letters@metro.us

Conclusion?

We tried it

2XU's women's compression tights ($99) marked our foray into compression gear. We stretched on these suckers right before a race and took them for a spin on our warm-up. We felt, well, compressed.

The tights use graduated compression to enhance blood flow, and the fabric wraps and supports muscle groups. Large X's on the shin, calf, quad and IT band areas give special support to muscle groups that give distance runners the most trouble.

The gear was lightweight and barely noticeable. We can't be sure whether the effect was purely mental (hey, 90 percent is looking good). But after removing the tights, our upper legs felt loose and ready to go.

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Horoscope

♐ Sagittarius | Nov. 22-Dec. 21. You'll attract attention with your unpredictable nature. Make sure your ideas are practical.

♑ Capricorn | Dec. 22-Jan 20. Act quickly to help friends, but don't make hasty decisions regarding an emotional situation that has you perplexed.

♒ Aquarius | Jan. 21-Feb 18. Your insight and knowledge, coupled with life experience, will help you bring about positive change. Try to alter your current position if it will help you earn more.

♓ Pisces | Feb. 19-March 20. Find a way to help your community. The people you meet and the things you talk about will give you something to consider.

♈ Aries | March 21-April 20. Emotional mishaps will result if you overreact. Step back and remove yourself from any situation that appears to be unstable.

♉ Taurus | April 21-May 21. Make an effort when it comes to your personal life. Social plans should be made. Reuniting with old friends will lead to new beginnings.

♊ Gemini | May 22-June 20. Don't share secret information. A partnership will change your life. Talk about your plans, but don't exaggerate.

♋ Cancer | June 21-July 22. Refrain from overreacting, even if someone does present you with an unexpected, emotionally charged problem.

♌ Leo | July 23-Aug. 22. Spending time with colleagues, peers or classmates will prove enlightening. Join in the spirit of the season, but don't go overboard financially.

♍ Virgo | Aug. 23-Sept. 22. A cautious approach is a wise choice. Don't let anyone railroad you into making a snap decision. Problems at home must be addressed.

♎ Libra | Sept. 23-Oct. 22. Stick to a budget and refrain from taking on responsibilities that don't belong to you.

♏ Scorpio | Oct. 23-Nov. 21. Make plans to get together with someone you don't get to see often. Catching up will help you make a personal decision.

BERNICE BEDE OSOL

Sudoku: Easy and hard

				9		2		5
		2	8		3			
9		8				7	1	
4				1	9	5		
	7			6			4	
		9	4	5				8
	2	4				3		9
			9		5	6		
3		5		2				

1	8			9		2		
				4			1	5
						7		
2	3				7	1	9	
	9	7				3	2	
	1	6	2				5	7
		1						
3	6			8				
		8		5			6	1

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

A little love

I am in the Wall Street area. I read your paper every day. I love it. Just saying great job. I will never go back to the other papers. Plus, Dorothy Robinson is so funny — she makes my day. So thank you.

KATHY SALGADO, VIA EMAIL

Not the cops' finest hour

As a black American, I am tired of the police murdering our teenagers in the name of "justice." Stop the violence! End police brutality in America! The police are out of touch with the world, with all of their uniforms, shiny badges and big muscles.

JAMES RUSTLER, VIA EMAIL

A pet peeve

As a dog lover (and former owner) pet adoption might seem like a good idea. However, I cannot help but notice that large amounts of dog waste are a problem in many neighborhoods. It would seem that many who choose to adopt pets do not understand the responsibilities that are required of them. Perhaps your paper could start a series on the proper care of dogs — exercise, immunizations, clean-up laws, etc., to address these issues.

JOHN OST, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Online

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!

Crossword

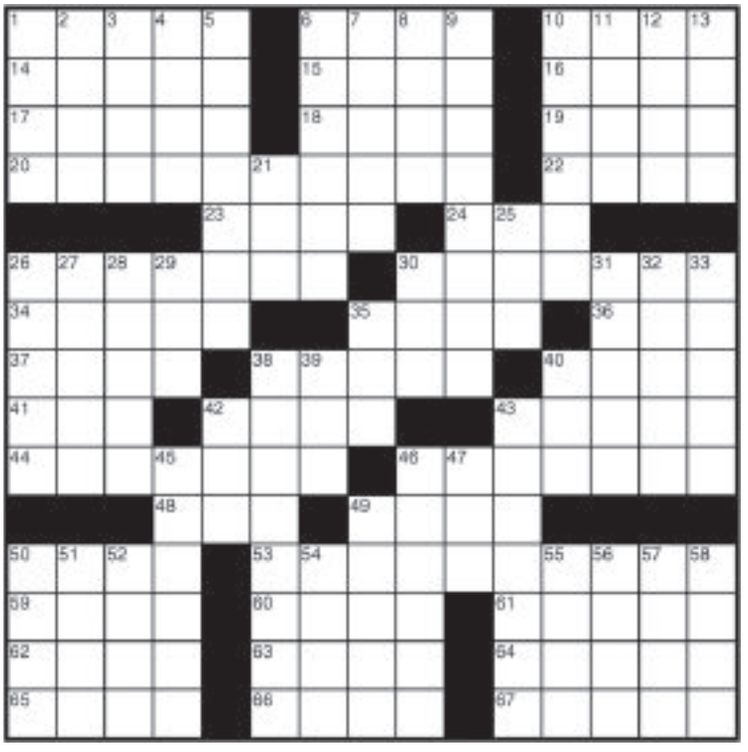
Across

1 Fierce look
6 "-— — Rhythm"
10 Warbled
14 Above the horizon
15 Hit hard
16 Curved molding
17 Folgers' Mrs.
18 Rick's old flame
19 Caramel-topped custard
20 Airline request (2 wds.)
22 Variety
23 "Muy —, gracias"
24 Amigo of Fidel
26 Caesar's books
30 Took the risk
34 "Gigi" composer
35 Polite cough
36 Grain crop
37 Eurasian range
38 Notre Dame's city
40 Slave girl of opera
41 Gridiron org.
42 Seeger's genre
43 Exec. group
44 Sugary treat
46 Appetizers
48 Super Bowl roar
49 Faction
50 Dancer — -Ellen
53 Munchie (2 wds.)
59 "Yeah, right!" (2 wds.)
60 Flamenco shouts
61 Midnight opposites
62 Social asset
63 Horrible boss
64 Hindu god of rain
65 Chop —
66 Farm worker
67 Commencement

Down

1 Multiply
2 "Hi-—, Hi-Lo"
3 Org.
4 Swamp plant
5 Confer a title
6 Wading birds
7 Ancient Greek physician
8 Ribs, to Cato
9 Roofs with straw
10 Unfreeze
11 Not attractive
12 Lowest high tide
13 Kind of pool
21 Comic— Shriner
25 Buffet standby
26 Hurled
27 Ionian island
28 Domain
29 Mouse catcher
30 T'ai — ch'uan
31 Finish a pie crust
32 Steve's singing partner
33 Faculty honchos
35 Ozarks st.
38 Belittle (hyph.)
39 Peak for Heidi
40 Tooth-fillers' org.
42 Brother's title
43 San — Spurs
45 Not snug
46 Stopped
47 Quit stalling
49 Grim
50 Cisterns
51 Hairy twin
52 Wedding confetti
54 Chekhov sister
55 NE state
56 Mortar troughs
57 Concerning (2 wds.)
58 11th-grade exam

Yesterday's answer



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SNY's Custer back after cancer threatened life

NFL. SNY host Brian Custer will never take his life for granted after surviving prostate cancer this year.

Brian Custer has been a regular host on SportsNet New York since 2006, the same year the network began. He underwent prostate cancer treatment this summer. / COURTESY SNY, BRIAN CUSTER

For several minutes, Brian Custer sat in the Manhattan office of Dr. David Kaufman and simply stared out the window.

There was a bird perched on the limb of a tree outside and while Custer's eyes remained locked on the bird, his mind was someplace far away. The popular television personality on SportsNet New York had just received a diagnosis of prostate cancer. As he stared outside, he began to cry.

It was in June that the 42-year-old Custer had undergone a routine physical, which led to the diagnosis three weeks later. He eats well, trains in martial arts five times a week and is the model of healthy choices. But a standard prostate exam — he had skipped the exam the year before — led his doctor to see some irregularities.

A couple weeks later, a prostate-specific antigen (PSA) confirmed that Custer had a "very, very aggressive cancer of the prostate."

"He told me, 'We need to do something now.' You don't have time for that vacation to the Bahamas to visit with your favorite nephew. You need to get this done now," Custer told Metro New York. "I about fell off my chair. It is so hard to describe — it still is. I must have been crying for some time because I remember snapping out of it when I felt his hand.

"He was handing me tissues. I just wanted to crawl up. Just wanted to crawl up."

A bone scan later revealed the cancer hadn't spread elsewhere.

Originally, he didn't want to have surgery and asked about other options. The answer was, "OK, then you will die." Three weeks later, on Aug. 15, Custer was in surgery at Lenox Hill Hospital in a robotic operation by Dr. David Samadi, who developed the technique.

At 11:12 a.m. the next day, he walked out of the hospital under his own power.

One month later, he met with Samadi again for another PSA and got a call a few days later: He was completely clear of cancer.

"I just said, 'Thank you Jesus.' I was relieved," Custer said. "I probably cried again."

He returned to work on "Geico SportsNite" and "Jets Nation" and he's back to working out again — "Thank God," he says — but there are changes. He can only eat red meat every few months and his dairy intake has been significantly cut back.

He will need to take a PSA once every three months over the course of the next year just to make sure he's beaten cancer. Deep down, he says this is a "mental disease" as well as a physical one.

"I don't care if you're white, black or Latin. As a man, you need to do this," Custer said. "Get checked. I know, I get it. I know, a lot of guys don't want that. I didn't want some doctor poking me back there. Get over that man. I did. It saved my life."

KRISTIAN DYER
sports@metro.us

In treatment

Among those who reached out to Custer as he underwent treatment was St. John's head basketball coach Steve Lavin, who is a survivor of prostate cancer after being diagnosed two years ago.

- Custer dropped to 175 pounds, a loss of 13 pounds over the course of a month, just from the toll the diagnosis and surgery took on his body.
- Several weeks following surgery, he was cleared to walk up and down his street block outside his home in north Jersey. "[I] really felt the sun for the first time in my life on my face," Custer said. "I really felt it."

Quoted

"When I tuck [my kids] in at night, sometimes I just stand there and watch them in bed for a minute. They're like, 'Dad, what's up? Why are you staring?' I just watch them sleep. I'd never do that. There was a time a few months ago when I didn't know if I'd live to see them married."

Brian Custer
On not taking the small things for granted following his diagnosis and treatment for prostate cancer

3 SPORTS

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Find video and recap of Tuesday night's Nets-Celtics game at: **Metro.us/sports.**

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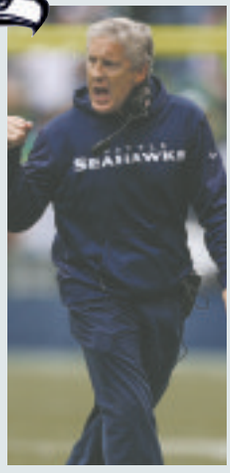
NFL power rankings | by Mike Greger

No. 1

Seahawks (11-2)



Seattle was simply a victim of circumstance, or supreme bias from the referees — at least according to cornerback Richard Sherman — who docked them 85 yards on nine penalties. We're not sure about going that far, but the fact that the Seahawks had a chance to win in a hostile environment in San Francisco, and nearly did, well, that tells you all you need to know about this team.

No. 2

Broncos (11-2)

Peyton Manning can't play in the cold, huh? He threw for 400 yards and four TDs in 18-degree weather.

No. 3

Saints (10-3)

What a difference a week makes — or what a difference homefield advantage makes. New Orleans pounded Carolina.

No. 4

49ers (9-4)

Don't look now, but the 49ers are coming. Will Jim Harbaugh wear cleats for the rest of this run? The Niners are 4-0 when he does.

No. 5

Panthers (9-4)

The streak is over, the streak is over! Yup, the Panthers' eight-game winning streak came to a crashing halt, but no one wins in New Orleans.

No. 6

Bengals (9-4)

"We wanted to be undefeated at home ... and eventually be world champions," said Rey Maualuga. They're close.

No. 7

Patriots (10-3)

We've been on the Pats since Week 1 — we had them in the Super Bowl — but how many injuries can they overcome?

No. 8

Chiefs (10-3)

Perhaps the most surprising part of the Chiefs' turnaround has been the return fireworks of Quintin Demps. No one saw that coming.

No. 9

Eagles (8-5)

Chip Kelly's team is for real, folks. LeSean McCoy is the best running back on the planet — in rain, sleet, snow, locusts — he'll run over you.

No. 10

Colts (8-5)

They backed into the AFC South title after Tennessee lost. Indy hasn't played a solid 60 minutes since Oct. 20.

No. 11

Cardinals (8-5)

The defense is getting all the credit, but the offense is averaging 29 points per game while winning five of its last six.

No. 12

Ravens (7-6)

Do you think the Texans would have cut Jacoby Jones if they had to do it all over again? One bad fumble does not make the man.

No. 13

Bears (7-6)

Josh McCown's stellar play is making things very interesting in the Land of Ditka. This is the QB competition you'll hear about all week.

No. 14

Lions (7-6)

Sometimes mascots are very appropriate. Lions can't play in the snow. Please stick to the rivers and the jungles.

No. 15

Dolphins (7-6)

Suddenly Miami is a viable playoff contender. Miami scored its first fourth-quarter TD in eight games this week.

No. 16

Chargers (6-7)

Keenan Allen is going to be a hot commodity in 2014 fantasy drafts all across the country.

No. 17

Cowboys (7-6)

We understand injuries have devastated this defense. Still, you have to wonder if the NFL game has passed Monte Kiffin by at this stage.

No. 18

Packers (6-6-1)

Matt Flynn is the very definition of a system quarterback — and, yes, the Packers are still alive as Aaron Rodgers begins to near a return.

No. 19

Steelers (5-8)

Stay in bounds, Antonio! Pittsburgh was literally a toe tap from staying in the AFC playoff race. All good things must end.

No. 20

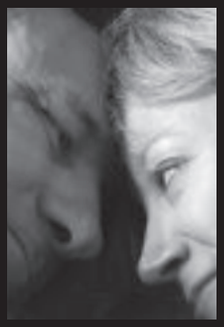
Jets (6-7)

David Blaine is less mysterious. One week after being benched, Geno Smith and the gang set a season high for points.

More rankings

More of an NBA fan? Don't worry, we've got you covered on the hardwood, too. Check out our NBA power rankings on www.metro.us/sports.

"I *used* to have Erectile Dysfunction."



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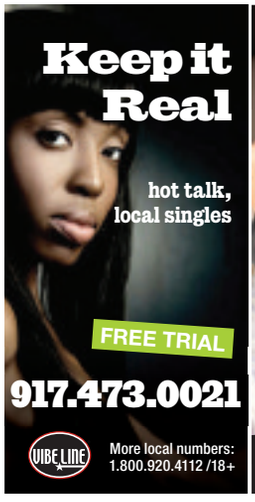

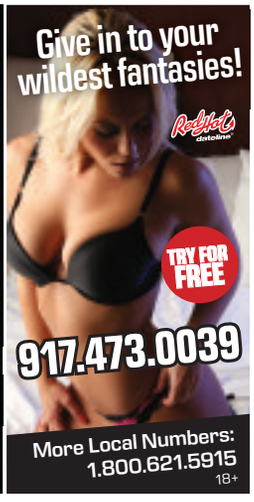

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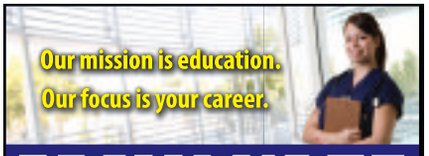

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NOTICE OF FORMATION of OSB Enterprise LLC. Art. of Org. filed with the Secy. of State of New York (SSNY) on October 9, 2013. Office location: New York County. SSNY designated as agent of the LLC upon whom process against it may be served. SSNY shall mail a copy of process to: The LLC, 150 East 85th Street, Suite 7D, New York, NY 10028. Purpose: Any lawful business.

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NOTICE IS HEREBY GIVEN that a license, Number 1274576, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 188 Ave A, New York, NY 10009 for on-premises consumption. 188 Ave A Take Out Food Corp. d/b/a Table 12

NOTICE IS HEREBY GIVEN that a license, number 1274987 for On-Premises Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in the Restaurant under the Alcohol Beverage Control Law at 13/15 Spencer Pl., Scarsdale, NY for on-premises consumption. Namu Bar & Grill Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1274365 for On-Premise Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 276 W Old Country Rd. Hicksville, NY 11801 for on-premise consumption. D & Y Empire Buffet Inc. d/b/a Asian Buffet.

NOTICE IS HEREBY GIVEN that a license, Number 1273883 for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 1588 York Avenue, New York, NY 10028 for on-premises consumption. Abasushi Fusion Cuisine Inc. d/b/a Aba Asian Fusion Cuisine.

NOTICE IS HEREBY GIVEN that a license, Number 1274768, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 41-17 Union Street, Flushing, NY 11355 for on-premises consumption. Zhou's Yummy Restaurant Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1274922 for Wine & Beer has been applied for by the undersigned to sell Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 965 Lexington Ave., New York, NY 10021 for on-premise consumption. Mariella Bella Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1275000 for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 103-19 Metropolitan Ave. Forest Hills, NY 11375 for on-premise consumption. Dirty Pierre South Inc.

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